

The Perfect Knot

**PRESCRIPTIONS FOR
MARITAL BLISS**

ADVICE TO WIVES



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MAKE A PRACTICE OF OFFERING THIS
DU'AA REGULARLY :

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّتِنَا
قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

“Rabbanaa-hablanaa-min-
azwaajinaa-wa-zhur-riyyaatinaa-
qurrata-a'yunin-waj'alnaa-
lil-muttaqeena-Imaamaa.”

TRANSLATION :

“ O ALLAAH, GRANT THAT OUR SPOUSES
AND OUR OFFSPRING BE THE COOLNESS OF
OUR EYES AND CAUSE US TO BE A MODEL
FOR THE RIGHTEOUS.”

TRANSLATION OF THE NIKAAH KHUTBAH (SERMON)

THIS KHUTBAH IS RECITED WHEN THE (NIKAAH) MARRIAGE IS OFFICIALLY SOLEMNISED

All praise is solely for Allaah - We praise Him only; Beseech His help only and implore His forgiveness only - We seek the refuge of Allaah from the evils of ourselves and the evil (effects) of our bad deeds. Whomsoever Allaah guides, none can lead him astray and whomsoever He misguides, none can guide him. I testify that there is none worthy of worship besides Allaah; He is One, without a partner, and I testify that Muhammad (ﷺ) is His servant and Messenger.

(Allaah) has sent His (Messenger) with the True (Deen) so as to convey glad-tidings (to the Believers) and to warn (the disbelievers) before (the coming of) Qiyaamah. Whoever obeyed Allaah and His Messenger (ﷺ), he has obtained guidance and whoever disobeyed Them, he has caused harm only to himself. He can never ever cause any harm to Allaah whatsoever.

Allaah ﷻ says : " O people, fear your Rabb (Sustainer) Who created you from a single soul (Hadhrat Aadam ﷺ) and created therefrom its spouse (Hadhrat Hawwaa ﷺ), and spread from these two (husband and wife) multitudes of men and women. And fear (the punishment) of that Allaah through whom you ask (for the fulfilment of) each others' mutual rights, and save yourselves from (not fulfilling the rights of) relatives. Verily, Allaah is ever-watchful over you." (Al-Qur'aan)

Allaah ﷻ says : " O you who believe, fear Allaah as He should be feared, and (remember) that death should not overcome you except as Muslims (i.e. you should die with Imaan)." (Al-Qur'aan)

Allaah ﷻ says : " O you who believe, fear Allaah and utter only that which is correct, Allaah will correct your deeds and He will forgive your sins. And whoever obeys Allaah and His Messenger has indeed attained great success." (Al-Qur'aan)

Nabi ﷺ said : " Nikaah is from (amongst) my Sunnah (way of life)", and Nabi ﷺ also stated : " Whosoever is disinclined to my Sunnah is not of me (i.e. he does not belong amongst my followers)."

We beseech Allaah to make us from amongst those who obey Him, and obey His messenger, follow His pleasure, abstain from His displeasure, because on Him only have we brought Imaan (faith) and Him only do we obey.

Du'aa (Supplication) :

"O Allaah, grant that our spouses and our offspring be the coolness of our eyes and cause us to be a model for the righteous."

May Allaah bless you, shower His blessings upon you and grant both of you goodness and prosperity.

May Allaah's Peace and Blessings descend upon the noblest of creation, Muhammad ﷺ, upon his family and his illustrious companions. Aameen.



*Maximum benefit will be attained and
the intended purpose of this publication
would be achieved if this*
GOLDEN PRINCIPLE
is kept in mind:

*Strive towards fulfilling the rights due
to your husband, rather than being
concerned with the fulfilment of your own
rights. If each spouse sincerely commit
themselves to fulfilling the rights of the
other spouse and overlook the
non-fulfilment of their own rights it will
lead to greater mutual harmony.*

*Constantly reminding your spouse to fulfil
your rights may only lead to discord.*

Allaah Ta'aala commands us in the
Qur'aan to **DISCHARGE** the
obligatory **RIGHTS DUE TO OTHERS.**

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

WE PRAISE ALLAAH ﷻ AND INVOKE PEACE AND
BLESSINGS UPON HIS MOST BELOVED PROPHET,
NABI MUHAMMAD ﷺ

ADVICE TO WIVES

- Enter the marriage with the **Pure Intention of Pleasing Only Allaah** ﷻ. The marriage then becomes an act of worship for which both spouses will be rewarded. It is imperative to renew this intention often, to remain steadfast and obtain maximum benefit.
- The Noble Qur'aan asserts that the purpose of marriage is to derive peace and contentment from one another so that there may be love and affection between you. Couples who lead their lives according to the Shariah and Sunnah often accomplish this tranquillity.

- Don't have unrealistic expectations, hoping for perfection in all aspects. This often leads to disappointment. Rather expect less and be pleasantly surprised when your spouse is much more than you hoped for. This leads to greater contentment.
- Carry out all your household chores and duties solely for the pleasure of Allaah ﷻ. Allaah ﷻ will reward you abundantly and also forgive your (minor) sins through the virtue of executing your household duties and satisfying your husband's sexual needs.
- Adopt *Taqwaa* (Allaah Consciousness) and be mindful of your duties towards Allaah ﷻ at all times, as piety is the stepping stone to a beautiful moral and spiritual character.
- Create a Deeni (Islaamic) environment in your home, as this will bring about tranquillity, prosperity and contentment in your lives.
- Acquaint yourself with the Islaamic knowledge and responsibilities of marriage. Remember that forewarned is forearmed.

- Successful marriages require patience, kindness, humility, sacrifice, empathy, love, understanding, forgiveness and dedication. Following these principles should help any marriage to prosper. The essence of them all can be summed in one sentence.

Always treat your spouse the way you would like to be treated.

If you follow this rule, your marriage will have a much greater chance of success. If you discard this rule, failure will be impending.

- Allaah ﷻ declares in the Qur'aan Majeed :
"Men are the protectors (maintainers) over women, because of the excellence which Allaah has granted to some of them over others and because of that which they spend of their wealth (to maintain women)."

- Rasulullaah ﷺ said : " Whoever has been given four things, verily, he has been given the best of the world and the hereafter: A grateful heart, a tongue engaged in the remembrance of Allaah, a body (that is) patient in adversity and **a wife who does not betray him; with**

regard to herself and his wealth."
(Mishkaat)

- Show your modesty, humility and understanding by sacrificing your happiness and comfort for his pleasure.
- Be content with what you receive, this will give you peace. Don't be jealous of those who seem to be living a more luxurious life than your family. Sustenance is from Allaah ﷻ. In order to develop the quality of contentment look at those people who have less than you, not those who have more and thank Allaah ﷻ for the countless blessings in your life.
- Show interest in your husband's and children's lives. Very often we live in the same home but know very little or nothing about each others' lives.
- Don't be concerned **only** with fulfilling **your own** Deeni (religious) duties. It is your Deeni and moral obligation to encourage your husband and children towards their Islaamic duties also. However, do so with love,

affection, wisdom and patience. Respect and honour your husband.

- Obey your husband in all permissible matters, as this will bring upon you the mercy of Allaah ﷻ. Nabi ﷺ said : “ The best of women is she who makes her husband feel happy when he glances at her; she obeys him when he instructs her and she does not oppose him with regard to herself and her wealth by doing what he dislikes.” *(Baihaqi)*
- Under no circumstances must you compel your husband or children to obey you in any act that contravenes the commands of Allaah ﷻ. At the same time, you should also not succumb (give in) to the un-Islaamic dictates of your husband and children. Rasulullaah ﷺ said : “ When a Muslim is commanded to carry out a sin, then he should not obey.” *(Bukhaari)*
- Remember, honesty and sincerity within a marriage is of paramount importance. Try your utmost to engender trust and confidence within the marriage.

- Welcome your husband with a cheerful *Salaam* and a warm affectionate smile. Similarly, when he leaves the house for work in the morning, make a point of giving him a kiss (either on the lips, cheeks or forehead) and make du'aa for his safety. Nabi ﷺ said that we should make *Salaam* a custom amongst ourselves. Teach our children also to always make *Salaam*. It will be a means of engendering greater love and happiness in the home.
- If you had a difficult or tiring day, try to appear cheerful. Don't make a point of making your husband aware of this as soon as he enters the home. Your negative approach may cause him to become angry. Gradually try to win his sympathy and compassion.
- You should abstain from all things and every form of behaviour that find disfavour with your husband. Acquaint yourself with his moods and act accordingly, to cultivate his pleasure. Don't augment (increase) his worries. Instead, strive to become a source of peace and comfort for him. Allaah ﷻ says:

"He (Allaah) created from it (the one life) its pair, so that he (man) may find solace (peace and comfort) in her."

- Endeavour to eat and drink from the same utensil. Sometimes place a morsel of food in each others' mouths, this will increase mutual love. Have your meals as a family.
- Always keep your home, children and (most importantly) yourself neat and tidy before your husband returns. This will enhance his confidence in you. An unkempt environment and neglected home could affect his mood adversely and diminish his confidence in you.
- Try to complete your household chores early and quickly so that you can spend quality time with your husband and children.
- Do not disclose any of your husband's secrets or faults to either friends or family. Always conceal one another's faults. Nabi ﷺ said:
"Whoever conceals the faults of others, Allaah will conceal his faults on the Day of Qiyaamah." (*Mishkaat*)

- Be prepared for him at meal times, as the heat of hunger is very often inflammable. Remember that "A hungry man is an angry man."
- Do not mingle with and speak to *ghair-mahram* men. This habit will severely harm your marriage. Never allow any *ghair-mahram* man to enter your home in the absence of your husband, no matter how well you or your husband may know him. ***Ghair-mahram (strangers) refers to people with whom marriage is permissible in the Shariah.***
- Rasulullaah ﷺ said : " It is not permissible for any woman to keep a Nafl (optional) fast without her husband's permission, and it is not permissible for her to allow anyone into his house without his consent." (*Bukhaari*)
- It is a wife's obligatory duty to beautify and adorn herself only for her husband. Apply pleasant perfumes at home, as it revives and generates emotions of love.

➤ It is haraam (forbidden) for you to adorn yourself for all and sundry when leaving the home. Nabi ﷺ very strongly condemned this practice in the following Hadeeth : “ The similitude of an adorned woman in the company of *ghair-mahram* males is like the darkness of the Day of Qiyaamah. There is no Noor (celestial light) for her.” (*Mishkaat*). In another Hadeeth it is stated: “A woman who applies perfume and passes by a gathering is like an adulteress.”

➤ Never compare the handsomeness, character, wealth, generosity or other qualities of other men to your husband. This is extremely insensitive and may cause jealousy, suspicion and unnecessary doubts in his mind. Accept your husband for what he is and do not cast evil lustful glances at other men. Inshaa-Allaah, Allaah ﷻ will grant you great happiness and pleasure in your marriage.

➤ Do not keep in touch or communicate with any male acquaintances from your past, even if they are “just good friends”. This is

extremely detrimental to the marriage and haraam (forbidden). You should resolutely protect your chastity and honour. Never succumb to the traps of shaytaan. Your husband should be your knight in shining armour, not other 'handsome' men.

- **LEARN TO COMMUNICATE CONSTRUCTIVELY AND EFFECTIVELY.** Make a resolution from the beginning that at the time of a crisis or problem you would sit down and discuss it in a dignified manner (without raising your voices or being abusive), or you will seek advice from someone whom you both can confide in.
- Don't choose **NOT** to communicate, because even your silence and your body language can convey important messages. Sometimes, **these** (silent treatment) messages may be misinterpreted and could cause more harm to the marriage.
- Misunderstandings and minor differences should not be suppressed, rather discuss them mutually, in an amicable and dignified

manner. If this is not done it could ultimately, Allaah forbid, lead to a broken marriage. Never discuss a problem when you are angry. If you are angry, then rather move away from an argument for a short while in order to calm down. Recite *"A'oozhu-billaahi-minash-shaytaanir-rajeem"* (I seek protection with Allaah, from shaytaan, the accursed) when your anger overwhelms you. If possible, perform Wudhu (ablution).

- Don't ever argue in public or in front of your children. This will affect the children psychologically and could prove detrimental to the marriage.
- If any problem, dispute or difficulty arises in the marriage, then always turn to Allaah ﷻ for help and guidance first. Thereafter, if the problem persists, consult a pious, experienced elder or an Aalim for advice.
- When there is serious conflict, call in arbitrators from both parties and let the matter be resolved amicably. Allaah ﷻ

mentions in the Qur'aan Majeed: " If you fear a breach between the partners (i.e. the husband and wife), appoint two arbitrators, one from each family. If they wish for peace, Allaah will reconcile them. Verily Allaah is All-Wise and All-Knowing." (Surah 4 : Aayah 35)

- Exercise patience; do not make hasty decisions that you may regret later on.
" Verily, Allaah is with those who exercise patience."

- **CONTROL YOUR TONGUE AT ALL TIMES.** One of the main reasons for marriages breaking up is the misuse of the tongue. Remember, the wounds inflicted by swords may heal but the wounds inflicted by the tongue seldom heal. Rasulullaah ﷺ said : "*The one who gives me guarantee of safeguarding that which lies between his two lips (the tongue) and that which lies between the legs (the private organs), I give him guarantee of Jannah (Paradise).*" (Bukhaari & Muslim)

- Learn to admit your mistakes if you are wrong. This is a trait of humility and will give

you great credibility and earn you more respect. Do not attempt to justify your error or failure with feeble excuses. Nabi ﷺ said :

“ All the sons of Aadam (ﻋﺎﺩﻡ) commit errors, and the best of those who err are those who seek forgiveness.”

- Nabi ﷺ mentioned : “ A woman who asks her husband for divorce (without a valid reason), the fragrance of Jannah becomes unlawful for her.” (*Tirmidhi*)
- Never regard your obedience and service to your husband in even mundane matters insignificantly. In fulfilling his wishes, you are obeying the command of Allaah ﷻ Who has made incumbent upon you total obedience to your husband (in permissible matters). Nabi ﷺ said: “ O women, Look! Your husband is either your Jannah (Paradise) or Jahannam (Hell).”
- The merit and reward of a woman's activities within the confines of her home are amply borne out in Nabi ﷺ's response to a woman, in reply to her request for women to be

allowed to participate in Jihaad. He said:

"Convey to any woman whom you meet, that obedience to the husband and acknowledging his rights are equal to Jihaad. However, few among you do so."

- Nabi ﷺ encouraged women with the following advice : " A woman who dies whilst her husband is pleased with her, (she) will enter Jannah (Paradise)." (*Ibn Maajah*)
- Sayyidina Ibn Umar رضي الله عنه relates: "Rasulullaah ﷺ said that when a woman leaves her home without her husband's permission, then all the angels in the skies and the entire universe curse her for this act until she returns home." (*Tabrani*)
- Do not be domineering and impose your will upon your husband. This attitude leads to serious conflict and results in disastrous consequences. Learn to request politely, rather than demand. Allaah ﷻ states in the Qur'aan : " And for men is a rank above them (women)."

- Allow your spouse sometimes the space to be left alone, maybe to read, to think about any problems, or simply to relax. Don't make him feel that he is committing a sin by requesting for this time alone.
- Don't feel shy to compliment your husband. Make your husband feel important and win him over with kind words. Become a pillar of strength for him and always support him in his permissible endeavours.
- Adopt a cheerful countenance; this will ignite the face of even a gloomy husband. On the other hand, nagging will produce the adverse effect.
- Your expression of pleasure and appreciation for the "little" gifts that he brings for you will be a source of great pleasure and happiness for him.
- Be available to your husband sexually. Don't deprive him of his conjugal rights, without a valid reason, because you will be encouraging him to seek alternative haraam

avenues of gratifying his carnal desires, the sin of which you will be equally accountable for. Don't regard this urge as trivial. Satisfy his needs, even if you have to bear slight inconvenience. Allaah ﷻ has placed great reward in this act for both spouses.

- It is stated in a Hadeeth : “ When a husband calls his wife to bed (for sexual relations) and she refuses (without a valid Shar'ee reason) causing him to sleep displeased (with her), then the Angels curse her until the morning.” *(Bukhaari)*
- Ingratitude, unfortunately, is a common malady among women. Once Rasulullaah ﷺ said : “ *O assembly of women, give charity, for verily I have seen you to be the majority of the inmates of the Fire.*” Someone asked: “ *O Rasulullaah (ﷺ), why?*”. Nabi ﷺ replied : “ *(Because) You (women) curse in abundance and you are ungrateful to your husbands.*”
- Uttering words of ingratitude to your husband, even in anger, will obliterate your good deeds.

- At least once everyday express your gratitude to your husband. Nabi ﷺ said : “ Whoever does not show gratitude to people has not shown gratitude to Allaah.”
- Show appreciation for what your husband does for the family. Never make him feel that he is not doing enough for the family or that you are not satisfied with his work or his efforts, unless of course he is truly lazy and not even trying to provide for the family.
- Never yell at your husband, especially in public. You will hurt his ego and earn his resentment. Don't become his mouthpiece - if he is asked a question, let him answer it himself. Don't interrupt his discussions nor make decisions for him.
- Never shout at each other unless the house is on fire. Luqman عليه السلام advised his son : “ And lower your voice for verily the most disliked voice is that of a donkey.” (*Surah Luqman*)
- If your husband is overcome with worry or is depressed, then be sympathetic and

encourage him to discuss the problem (whatever it may be) with you. Also, make du'aa (supplicate) unto Allaah ﷻ to remove the difficulty. Become an anchor of support for him, by practically expressing your moral support. Inshaa-Allaah, this loving gesture will make him truly appreciate your heartfelt concern for him.

- Whenever you require extra money, then ask him politely; keeping in mind his financial status. Refrain from making unreasonable and extravagant demands on him. Maintain the household expenditure / budget within your means. Don't express your displeasure when he is unable to accede to your lavish demands, due to his financial constraints.
- Show him you trust him and don't pry into all his affairs. Don't ask too many questions. Safeguard his assets, he will have greater trust in you.
- Learn to forgive him. Forgive him as many times as you would want Allaah ﷻ to forgive you. A proverb states: "*To err is human, to*

forgive is Divine."

- **NEVER** demand back **ANY** gift given to your spouse, even if (Allaah forbid) the marriage ends in divorce. It is totally forbidden (haraam), to repossess gifts given during the marriage or at any other time.
- Nurture and raise your children under your watchful and affectionate eyes. Inculcate good habits and Islaamic morals in them from a tender, young age. It is imperative that a young child grows up in the 'lap' of the mother where his/her very first education commences. Don't abandon and assign your innocent children to the care of maids and nannies (even if they are Muslims). In most cases they utterly lack good morals and character. The kuffaar are devoid of Islaamic morals and are immersed in kufr and impurity. This neglect and abandonment of your compulsory duty of personally raising your children will cause great harm to the child morally and spiritually. Remember that the impressions made on a young innocent child are indelibly imprinted in the mind.

BEHAVIOUR TO IN-LAWS

- Respect, honour and treat your husband's parents as you would treat your own parents. For your own happiness and for the sake of your husband, it is essential that you maintain a good relationship with your in-laws.
- Regard his family as yours. Never insult his family nor use past events or his background to hurt him. You can never acquire the love of your husband if you attempt to disrupt his relationship with his mother, father, brothers, sisters and other relatives. Disruption of family ties is amongst the worst of major sins, and invites the wrath of Allaah ﷻ.
- Don't compare them to your parents, to show your spouse how inadequate his parents are.
- Praise them often in the presence of your husband, family and friends. Then, even though you have not grown to like them as yet, Inshaa-Allaah you will in time.
- Realize that they are also humans. They have

their faults. You would never disown your parents for their flaws, so how can you expect the same from your husband's parents? Hide their faults. Allaah ﷻ will conceal your faults in the hereafter.

- As much as you might feel that marriage is a huge adjustment to you. Their son no longer belongs exclusively to them. You will all now have to learn to share.
- Be thankful, rather than jealous when your children show them love. Would you deprive your own children of the love of their grandparents, confining them only to the love of your own parents because of jealousy?
- Do all you can to make them feel at home when they visit. When you visit them, assist them as much as possible, so that they should feel pleased when you come.
- Treat every instruction of your mother-in-law like an instruction of your own mother. Give her pleasure precedence over your own happiness. Speak to her with respect and not

as you speak to an equal. Never reply if she scolds you and don't ever speak harshly to her.

- Never speak ill of them in the presence of your children. If they overstep their boundaries, discuss this in private with your husband.
- Never drag your husband into an argument between your mother-in-law and yourself. By doing this, you place your husband in a very precarious position. Should you have any issue you need to address with your mother-in-law, do so in a respectful manner. By holding mature adult discussions, an amicable agreement can be reached.
- By being of service to your parents-in-law, you will attain lofty stages in the hereafter, since the reward for service is Allaah ﷻ Himself. Never be selfish and give your husband a choice to choose between his parents and you. Remember, as you do unto others, so will you be recompensed. One day, you too will reach old age and will require

assistance. Nabi ﷺ said, " Whichever young person honours an old person due to his age, Allaah ﷻ will create someone who will honour him in old age."

- If your in-laws oppress you, firstly turn to Allaah ﷻ and make du'aa to Him. Inform your husband and discuss it with him in a polite manner. Learn to forgive and forget. Nabi ﷺ said : "Allaah increases a person in honour who forgives. Whoever humbles himself for Allaah, Allaah will raise him (in rank)."
- Always encourage your husband to keep good ties with his family members, especially his parents, brothers and sisters. Many brothers and sisters become estranged after marriage due to the stories carried by the wives to their husbands. Behave respectfully to all elders. If they are younger, then be kind and loving and assist them as far as possible in their work.
- Recompense comes from Allaah ﷻ. Always remember that the best recompense is always from Allaah ﷻ. Allaah ﷻ says : " And

what is the reward of good except good? "
(*Ar-Rahmaan*)

A pious Aalim once related a wonderful analogy of marriage. He compared it to a garden. A beautiful, well-maintained garden is well appreciated and valued. However, weeds very often become a problem and threaten to spoil the natural beauty of the garden. If these weeds are 'nipped in the bud' (removed as soon as they become apparent), they can easily be uprooted and the garden will continue to thrive. But, if they are left unattended and allowed to invade the garden, they will become deep-rooted and spoil the beauty of the garden. Even if they are removed later, when they have already grown into 'small trees', the roots will remain embedded and they may occasionally rear their ugly heads. Similarly, a marriage too, no matter how rosy it may seem at the outset, it will sometimes be faced with difficulties and problems, like weeds in an unattended garden. If we nip these initial problems in the bud (i.e. discuss and resolve them) when they surface, then we can promote a happy married relationship and make that bond of love even stronger. But, if we ignore the initial stumbling blocks and pretend that they don't exist, then these problems may increase and become a threat to the marriage, and Allaah forbid, they may

become so deep-rooted that attempts to remedy them later may fail. Even if, Inshaa-Allaah, they are resolved, they could still taint the love and affection of the couple for many years to come, and make life very unpleasant.

May your marriage be filled with strong Imaan, everlasting good health, wealth, joy, happiness, prosperity and pious children.

May Allaah ﷻ instil love and mercy within your hearts for one another.

May He grant both of you the ability to fulfil His commands, discharge one another's rights and emulate the beautiful example of His Beloved Nabi Muhammad ﷺ.

Aameen

رَبَّنَا تَقَبَّلْ مِنَّا



The following du'aa should be recited before sexual relations :

بِسْمِ اللَّهِ اللَّهُمَّ جَنِّبْنَا الشَّيْطَانَ
وَجَنِّبِ الشَّيْطَانَ مَا رَزَقْتَنَا

Translation:

In the name of Allaah. O Allaah, protect us from the mischief of shaytaan and protect the children, which You will grant us, from shaytaan.

Recite the following du'aa (in the mind) at the time of ejaculation (or even before sexual relations):

اللَّهُمَّ لَا تَجْعَلْ لِلشَّيْطَانِ فِيْمَا رَزَقْتَنَا نَصِيْبًا

Translation :

O Allaah, let there be no share for shaytaan in what You grant us.

Inshaa-Allaah, through the blessing (Barakah) of the above Sunnah du'aas, Allaah ﷻ will protect your children from the evil of shaytaan, and make them obedient, pious and uprighteous.

IF YOU ENCOUNTER ANY SERIOUS PROBLEM
AND REQUIRE PROFESSIONAL HELP AND SUPPORT,
THEN CONTACT THE JAMIATUL-ULAMA'S CARELINE
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